

IB: Breastfeeding Infant of Woman at Nutritional Risk (AK 98 -USDA 702)

Explain to Participant	You're enrolled in the WIC program today because, when a breastfeeding woman is already at nutritional risk, she and her baby need special attention. A breastfed infant is dependent on the mother's milk supply for his main source of nutrition. A breastfeeding woman needs about 500 extra Kcal/day more. She also needs more protein, calcium, and other vitamins and minerals.	
Goal	The goal is to encourage you to eat a healthy and balanced diet and while breastfeeding, to eat an additional 500 Kcal per day (approximately) as well as more protein, calcium and other vitamins and minerals.	
Suggestions for Reducing Risk	Follow the recommendations of your health care provider. Eat a variety of foods from all the food groups every day. Choose fruits, vegetables, whole grains and low fat dairy foods. Ask your health care provider about exercise. Drink 8 glasses of water daily.	
Nutrition Education Material Suggested:	After You Deliver: Healthy Tips for Moms	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Nutrition and Breastfeeding Foundation for Fitness... for your Special Delivery	